

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

May 2015

Custard

Egg Salad Sandwiches Microwave Eggs in a Mug French Toast Egg Macaroni Salad

Custard

3 eggs
1/3 cup sugar
1/4 teaspoon salt
1 teaspoon vanilla
2 1/2 cups fat-free skim or 1% milk
1/4 teaspoon nutmeg (optional)

1. Preheat oven to 350 degrees.
2. Combine eggs, sugar, salt, vanilla, milk and nutmeg in a blender; blend until smooth.
3. Pour into a 1 1/2 quart square baking dish and place dish into a 9 x 13 x 2 inch baking pan.
4. Pour very hot water into a baking pan to within 1 inch of the top of the square baking dish.
5. Bake about 45 minutes or until a knife inserted in center comes out clean.
6. Remove from hot water.
7. Serve custard warm or chilled; can be topped with strawberries, raspberries, or blueberries

Nutrition Note: This recipe makes 6 servings. Each serving has 120 calories, 2.5 grams of fat, 7 grams of protein, 17 grams of carbohydrates and 190 milligrams sodium.

Tips for Healthy Snacking

Nibble on Lean Protein: Choose lean protein foods such as low-sodium deli meats, unsalted nuts or eggs. Wrap sliced, low-sodium deli turkey or ham around an apple wedge. Store unsalted nuts in the pantry, or peeled hard-boiled eggs in the refrigerator for kids to enjoy any time.

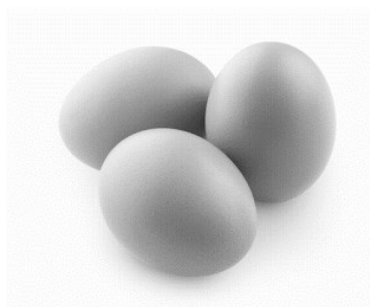
Egg Salad Sandwiches

4 eggs, hard-boiled, finely chopped
2 tablespoons onion, finely chopped
2 tablespoons celery, finely chopped
1 tablespoon prepared yellow mustard
1 tablespoon dill pickle juice (optional)
Dash of salt
1/2 cup light mayonnaise or salad dressing

1. In a large bowl, combine eggs, onion and celery.
2. In a small bowl, combine mustard, dill pickle juice, salt and mayonnaise to make the dressing; mix well.
3. Add the dressing to the egg mixture and mix together.
4. Spread the filling onto whole wheat bread slices or thin buns.

How to Cook Hard-Boiled Eggs – Cold water method: Cover eggs in pan with enough water to come at least 1 inch above the eggs. Bring rapidly to boiling. Turn off heat and remove pan from the stove to prevent further boiling. Cover and let stand in the hot water for 15 minutes. Cool immediately and thoroughly in cold water—this makes the shells easier to remove and helps prevent a dark surface on yolks.

Nutrition Note: This recipe makes 6 sandwiches. Each sandwich has 260 calories, 12 grams of fat, 11 grams of protein, 27 grams of carbohydrates and 450 milligrams of sodium.



Breastfeeding:

Why breastfeed?

"I chose to breastfeed because of the strong bond I developed with my baby, and it is the healthiest for him."

~ RaeAna, WIC Breastfeeding Mom from Belcourt, ND

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.



Microwave Egg in a Mug

½ teaspoon margarine
2 eggs
2 teaspoons water
Dash of salt and pepper

1. Put margarine in a microwave-safe mug or small bowl. Microwave briefly to melt margarine.
2. Break eggs into mug. With a fork, mix eggs, water, salt and pepper.
3. Microwave on high 1 minute. Mixture will look very wet. Stir with a fork to break apart.
4. Microwave an additional 15-20 seconds. Stir.
5. Other ingredients can be added such as onions, green peppers, or shredded cheese to make an omelet.

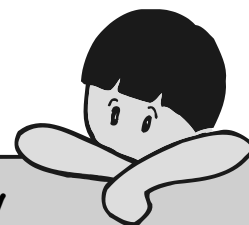
Nutrition Note: This recipe makes 1 serving. Each serving has 160 calories, 11 grams of fat, 13 grams of protein, 1 gram of carbohydrate and 160 milligrams of sodium.

French Toast

3 eggs
1 can (12 ounces) fat free evaporated milk
½ teaspoon cinnamon
8 slices French bread

1. In a mixing bowl, lightly beat eggs. Add milk and cinnamon; mix together.
2. Arrange bread evenly in a single layer on a large 9x13-inch glass baking dish. Pour equal amounts of egg mixture over each piece of bread, turning slices over once to coat. Cover and place in the refrigerator for 1 hour or until liquid is absorbed by the bread.
3. Preheat oven to 425 degrees. Lightly coat a baking sheet with nonstick cooking spray.
4. Place soaked bread in a single layer on the baking sheet and bake for 10 minutes.
5. Turn slices over and bake an additional 5-10 minutes or until golden brown.

Nutrition Note: This recipe makes 4 servings. Each serving has 290 calories, 5 grams of fat, 17 grams of protein, 44 grams of carbohydrates and 520 milligrams of sodium.



Turn Off the TV

Have your child work on jumping low and high. Hold a broom or a stick close to the ground as your child jumps over it. Each time raise the broom a little higher and have your child jump over it until it is too high. Then have your child go under it.

Source: Head Start Body Start

Egg Macaroni Salad

1 package (7.25 ounces) macaroni and cheese dinner
¾ cup light mayonnaise
1 medium tomato, chopped
½ cup chopped celery
½ cup chopped onion
Dash of pepper
5 hard cooked eggs, chopped

1. Prepare macaroni and cheese dinner according to package directions.
2. In a large bowl, add the mayonnaise, vegetables, pepper and eggs to the macaroni and cheese. Mix together.
3. Chill before serving.

Nutrition Note: This recipe makes 8 servings. Each serving has 270 calories, 17 grams of fat, 8 grams of protein, 21 grams of carbohydrates and 440 milligrams of sodium.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children
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GROWING HAPPY FAMILIES



How can I use eggs?

Eggs are a great source of low-cost protein. Use eggs to make breakfast, lunch or dinner fast and easy for your family. Use eggs instead of meat for meals. If stored in the refrigerator, eggs are safe to use up to five weeks.